

ABSTRACT OF THE DISCLOSURE

The present invention provides an image forming apparatus having a fixing unit in which electric power is supplied from the power supply unit to a heater  
5 thereof, and the formed image is fixed by heating the recording medium on which the image has been formed, a detecting unit which detects an electric power consumption of the forming unit and an electric power consumption of the fixing unit, and a control unit  
10 which controls the power supply unit so as to increase the electric power consumption of the fixing unit when the electric power consumption of the forming unit detected by the detecting unit is less than or equal to a predetermined amount, and the image forming apparatus  
15 increases the electric power consumption of the fixing unit in a case where there is surplus electric power of the entire apparatus.